

Calcium Changes in the RDA Table

The Food and Nutrition Board of the Institute of Medicine (IOM), National Academy of Sciences (NAS) has responsibility for issuing the Recommended Dietary Allowances. These recommendations are now under review. All nutrients were assigned to one of seven groups, and each group will be released by the NAS as funds and products become available, with all expected to be released by 2000.

In 1997, the IOM released provisional new recommendations for intakes of calcium and other nutrients that are related to bone health (phosphorous, magnesium, Vitamin D, and fluoride). Of these, only calcium is included in the nutrient data supplied with the ERS programs.

Calcium no longer has a Recommended Dietary Allowance (RDA), but instead has a new value referred to as an Adequate Intake (AI). The RDA table has been modified to incorporate these new data, however various adjustments had to be made. The new recommendations categorize the population into different age/sex categories than are used for the current RDAs. Thus during this time of transition, some adjustments will be necessary. Given the structure of the database and the need to retain the RDA data for all other nutrients in the database, we were not able to match all the new age categories. However, wherever a previous category was split into 2 or more categories, the smaller breakdown categories were used. Data previously assigned was repeated for the 2 subcategories, except for the new calcium values, which match the new AI values.

See the accompanying chart for a cross-walk between the original RDA table in version 3, the Dietary Reference Intake (Adequate Intake) categories from the IOM, and the new RDA table in version 4.

REVISIONS TO RDA TABLE CATEGORIES

Version 3 RDA Table Categories	Dietary Reference Intake Categories	New RDA Table in ERS4
Female 0 - 1 Year	Male & Female < 6 Months Male & Female 6-12 Months	Female < 6 Months Female 6 - 12 Months
Female 1-99 Years, Preg/Nur	Pregnant ≤ 18 Years Pregnant, 19 - 50 Years Lactating ≤ 18 Years Lactating 19 - 50 Years	Female <19 Yrs, Preg & Nurs Female 19+, Preg. & Nursing
Female 1-99 Years, Pregnant	Pregnant ≤ 18 Years Pregnant 19 - 50 Years	Female < 19 Years, Pregnant Female 19+ Years, Pregnant
Female 1-99 Years, Nursing	Lactation ≤ 18 Years Lactation 19 - 50 Years	Female < 19 Years, Nursing Female 19+ Years, Nursing
Female 1 - 3 Years	Male & Female, 1 - 3 Years	Female 1 - 3 Years
Female 4 - 6 Years	Male & Female 4 - 8 Years	Female 4 - 6 Years
Female 7 - 10 Years Female 11 - 14 Years	Male & Female 9 - 13 Years	Female 7 - 10 Years Female 11 - 14 Years
Female 15 - 18 Years	Male & Female 14 - 18 Years	Female 15 - 18 Years
Female 19 - 24 Years	Male & Female 19 - 30 Years	Female 19 - 24 Years
Female 25 - 50 Years	Male & Female 31 - 50 Years	Female 25 - 50 Years
Female 51+ Years	Male & Female 51 - 70 Years Male & Female > 70 Years	Female 51+ Years
Male 0 - 1 Year	Male & Female < 6 Months Male & Female 6-12 Months	Male < 6 Months Male 6 - 12 Months
Male 1 - 3 Years	Male & Female 1 - 3 Years	Male 1 - 3 Years
Male 4 - 6 Years	Male & Female 4- 8 Years	Male 4 - 6 Years
Male 7 - 10 Years Male 11 - 14 Years	Male & Female 9 - 13 Years	Male 7 - 10 Years Male 11 - 14 Years
Male 15 - 18 Years	Male & Female 14 - 18 Years	Male 15 - 18 Years
Male 19 - 24 Years	Male & Female 19 - 30 Years	Male 19 - 24 Years
Male 25 - 50 Years	Male & Female 31 - 50 Years	Male 25 - 50 Years
Male 51+ Years	Male & Female 51 - 70 Years Male & Female > 70 Years	Male 51+ Years